

RELAPSE PREVENTION PLAN

this template is to help you outline your plan on how you will manage addiction recovery and prevent relapse from occurring

Identify Your GOALS

how would you like to self-improve? i.e. improve my diet, budget better, fix a broken relationship

What MOTIVATES you?

what outcomes of improvement motivate you? i.e. saving more money, losing weight, having free time

CHALLENGES you may face...

Triggers that may challenge you. i.e. seeing old friends, being at a bar or party, seeing alcohol

my COPING skills

skills and strategies to cope. i.e. going to the gym, calling my mentor/sponsor, attending meetings, meditating

RELAPSE PREVENTION *strategies*

behaviors you will observe to prevention relapse from occurring. i.e. Making new friends, volunteering, staying healthy

I will practice SELF-CARE with

how will you improve your daily lifestyle by taking care of your body and mind? i.e. meditate, exercise, eat better

people in my **SUPPORT SYSTEM**

name the people who are closest to you, who support you, who want you to succeed. i.e. siblings, parents, mentors

I will remain ACCOUNTABLE by

name your consequences ahead of time, if you slip up or don't hit a goal, you must keep yourself accountable

I am GRATEFUL for

name your consequences ahead of time, if you slip up or don't hit a goal, you must keep yourself accountable